


Guiding notes for Focusing to help the Focuser and the listener



1. Decide who will focus first
Look inside – and ask: “Would I like to be the listener or the focuser?”
2. Listener then asks the focuser if they want a lead in and what sort?
Listener can tell focuser their other preferences
3. See “The Lead in” handout for more detail. Start with grounding, ie feel your feet on the floor, how you are being supported by the chair and the larger system. Do a body scan, start at your feet, move up your body. Take a few deep breaths and on the 4th or 5th breath follow your breath into your torso (chest, throat, tummy) and let your awareness rest gently there on the inside.
4. Listener then says: ‘When you are ready perhaps you can ask yourself: “What wants my awareness now?” or “What feels like it needs listening to inside me right now?” or “What is in the way of feeling OK?”
“What sense do I have of this whole something/issue that is bothering me” and then
5. **PAUSE**.....(STEP 1 - Pause) for at least 30 seconds. We are after the bodily feel/sense of this whole thing – its quality, eg it is sharp, or shaky or twisted. This separates the body feeling from the rest of it. It may also come with an image, a metaphor, a sound, a gesture
6. **DESCRIBE IT** (STEP 2 – Description – a bodily feel or quality) – take your time to describe it. After you describe it the listener will say back your words to you. For example you may say: ‘I am sensing something that is tight here at my chest” and the listener says” “you are sensing something that is tight in your chest” or you can even say “tight” “chest” (red light words). A ‘FELT SENSE’
7. **SEE IF IT FITS** (STEP 3 - Resonating) – When the listener says it back to you, sense if the description fits. If it does good, if it doesn’t sense again and make any changes you need to make. And say the newer description. The listener will then say that back to you (like above).
8. **SAFETY QUESTION**
Check if it is OK to spend some time with it. The listener asks you if it is OK to spend some time with it. If you say yes you move to 9. If no see if it is OK to spend some time with the something that doesn’t want to spend some time with it and then move to 9. Or you may just end the session here. Students can ask for help here.

9. SAY HELLO AND KEEP 'IT' COMPANY (STEP 4 – The “I” the bigger part of you turn towards the “It” with kindness)– The listener then says: ‘Perhaps, you can turn towards this something you are sensing and say hello and keep it company in a gentle, friendly way (and if not gentle, curious). Pause and see if anything changes (A ‘FELT SHIFT’ may happen)

10. ASK 'IT' SOME QUESTIONS (STEP 5) In the school, the focuser asks their own questions.

For example:

- Does this something I am being with have a mood?
- Is it scared of something or not wanting something to happen?
- **How does it want me to be with it?**
- **Is it trying to show me or tell me something?**
- What is the worst of it (or best)?
- What is the crux of it? (At the bottom of this, at its core or root or underneath)
- Is there a forward step here – what I can do? (Even if it is small)
- Is there an easing (settling on the inside, sigh, yawn, out breath, gentle tear)

11. RECEIVE THE ANSWERS (STEP 6) Acknowledge what your body has shown you and find a stopping place. **THANK YOUR BODY**

12. When you are ready bring yourself back to this room, sitting on this chair, feet on this floor, grounded to this earth, to a larger system

SWAP places – this will take about 12 to 15 minutes each.